

Ripley Valley State Secondary College Support Programs

The purpose of this document is to outline some of the internal support programs that are offered at Ripley Valley State Secondary College. These programs are generally free for students and are administered by our Student Support Services (SSS) team throughout the year. Referral to the programs can be made by Year Level Support staff and SSS staff.

Provider	Description
	<p>Resourceful Adolescent Program (RAP) Who: Students in Years 7 and 8 When: English and Maths Extension Lines in Term 1 and Term 4 Where: SSS What: RAP was developed to build resilience and promote positive mental health in teenagers. The program specifically aims to prevent teenage depression and related difficulties. It engages participants to think about what it means to be resourceful, as well as develop new strategies that will build their resilience. The program addresses issues such as managing stress, managing emotions, building self-esteem, promoting family harmony, and keeping peace with others.</p>
	<p>Rock and Water Program Who: Students in Years 7, 8, 9 and 10 When: Thursday on rotating roster in Term 1 and Term 2 Where: SSS What: Rock and Water is a program designed to decrease bullying and depressive feelings while increasing self-esteem, self-regulation and social acceptance. Rock and Water also aims to help students build self-confidence, self-respect and self-reflection. This is achieved through the connection of psychological and physical training. Rock and Water is delivered as a course of lessons consisting of different exercises and games.</p>
	<p>Managing the Bull Who: Students experiencing bullying When: Thursday rotation Where: SSS What: Managing the bull is a program that aims to build resilience & self confidence in students who have experienced or are experiencing bullying. Managing the bull aims to equip students with strategies and avenues of support to encourage students to take control of a situation in which they may feel powerless in.</p>

	<p>Love Bites Program</p> <p>Who: Students in Years 10, 11 and 12</p> <p>When: End of Term 3 and start of Term 4</p> <p>Where: SSS</p> <p>What: Love Bites is a highly regarded program that aims to provide young people with a safe environment to examine, discuss and explore respectful relationships. Love Bites Programs take a strengths-based approach and views young people as active participants who are able to make choices for themselves and their relationships when supported with information and opportunity for skill development.</p>
	<p>Peer Skills</p> <p>Who: Student Mentors – by Application</p> <p>When: Term 4, Week 10</p> <p>Where: SSS</p> <p>What: Peer Skills is an evidence based 2-day training program that provides training and resources to students in order to help themselves, their friends and peers in a safe and effective way. This program gives students a chance to: increase their skills in peer support; relate positively to others; and feel more confident about getting help for yourself or a peer in need.</p>
	<p>Bella Girl</p> <p>Who: Girls Yr 7-12</p> <p>When: Mondays</p> <p>Where: SSS J207</p> <p>What: The Bella Girl program is a course for girls, seeking to challenge, inspire and equip girls with healthy life principles. The program aims to equip them with tools that build their self-esteem and to have discussions that will encourage personal development and enrichment. Aiming to provide a greater understanding of their value, their purpose, and their inner beauty.</p>
	<p>Seasons for Growth</p> <p>Who: Any Student</p> <p>When: As required</p> <p>Where: SSS</p> <p>What: Seasons for Growth aims to support young people to understand their feelings, help them develop skills for coping, restore self-confidence and educate them about the grief process. The program is underpinned by evidence about resilience, emotional competence and identity. Currently offered in a 1:1 setting with our school Chaplain.</p>
	<p>Strength Program</p> <p>Who: Any Student</p> <p>When: Thursday rotation</p> <p>Where: SSS</p> <p>What: Strength is a unique personal development and group mentoring tool that uses an inspirational, practical and experiential approach to learning. This program is founded upon the premise that every life counts and has intrinsic value, and fosters an awareness of this belief. As a result, participants are equipped to become effective global citizens for the future.</p>

 <p>FRIENDS RESILIENCE</p>	<p>FRIENDS Resilience Program Who: Any Student When: As needed Where: Online What: FRIENDS Resilience Program is a web-based program based on cognitive-behavioural therapy, which has been proven to be highly effective in treating anxiety & depression. All resources are found online, login details will be emailed to you once you're are happy for your child to participate.</p>
	<p>RAGE (Renegotiating Angry and Guilty Emotions) Program Who: Students in Years 7 and 8 When: Thursdays on rotating roster Where:SSS What: RAGE is an award-winning anger management course designed for adolescents aged between 11 and 17. RAGE is a strength-based solution focused program that is hands on, practical and also fun for students. Topics explored throughout this program include; the many faces of anger, the 4T's anger cycle, healthy expressions of anger, getting through the guilt of anger and, relaxation, exercise and diet. RAGE is run as a six week course (one session per week).</p>
	<p>YSC Girls Group Who: Girls in Years 7, 8 and 9 When: Maths and English Extension Lines in Term 3 Where: SSS - J207 What: Girls' Group is designed to offer a fun and engaging way for female student to explore a range of topics including; self-esteem, confidence, friendships, body image, self-care, mindfulness and goal setting. Throughout this program, students will utilize arts and crafts to create and develop their own reflective journal that they can keep and reflect back on as needed.</p>
	<p>SHINE Program Who: Girls in Years 9 and 10 When: Term 3 Where: SSS What: SHINE is a personal development and group mentoring tool that promotes positive self-esteem. The program challenges girls to find the courage to accept who they are, to make healthy choices and live to their full potential.</p>
	<p>Boys Group Who: Boys in Years 7 and 8 When: Thursday rotation in Terms 1 and 3 Where: SSS Lunch Room What: Boys Group is a program designed around building community within a small group of students while exploring a range of topics together such as: Confidence, Respect, Responsibility, Purpose and Perseverance. Exploration of topics have been designed to be engaging, fun and will be engaged through discussions, videos, activities and interactive games.</p>



Chillax Program

Who: Students with anxiety or ADHD

When: Thursday rotation in Term 2

Where: SSS

What: CHILLAX is a course that aims to help young people manage their ADHD symptoms and channel their energy in a constructive way. This is done through games, interactive activities and story telling.



Didgeridoo Program

Who: Boys who identify as Aboriginal or Torres Strait Islander.

When: Wednesday Session 4 in Term 1

Where: D03 which is the Junior Workshop 3 classrooms

What: The program is facilitated by Rhan Hooper and RVSSC staff. The program integrates cultural learning, skill development, and community connection. His deep ties to both the local community and his cultural heritage, as the facilitator brings so much authenticity and knowledge to the experience. The combination of learning craftsmanship in the wood shop and hearing firsthand experiences from elders or other participants is such a meaningful way to engage young First Nations men. Plus, the opportunity for the Ripley Valley SSC staff to immerse themselves in the process shows a strong commitment to cultural understanding and community-building.



Indigenous Boys Program

Who: Boys who identify as Aboriginal or Torres Strait Islander

When: Wednesday Session 4 in Term 2 and Term 3


Where: F1.25 (Art Courtyard)

What: This program is run by members of the Boorrumpah Goupong Aboriginal Corporation. It consists of Ugarapul cultural knowledge, language and stories from Ipswich and the surrounding areas. The program works to build students' understanding of: self and family history; self-respect; perseverance; culture; and self-reflection.



TALATU'U (Creating Legacy)

is an evidence-based and culturally responsive to combat the unique challenges that Pasifika youth face, which may include disconnection from school resulting in lower attendance. This program empowers Pasifika youth through exploring topics essential to belonging in any environment including: understanding cultural identity, bridging the gap between traditional and modern outlooks, and managing stress and anxiety to achieve one's personal best. This program is offered one period a week over nine weeks. The facilitators are external providers from Legacy Connect, a counselling service.

<p style="text-align: right; font-size: small;">Department of Education</p>  <p style="text-align: center; font-size: large; font-weight: bold;">Speech-language therapy services</p>	<p>Reading Club</p> <p>Who: Students identified through SLP testing</p> <p>When: Monday Session 1 and Wednesday Session 4</p> <p>Where: SSS</p> <p>What: Run by the school’s Speech Language Pathologist, Reading Club supports students to work on improving their reading and literacy skills. The group runs twice per week, and focusses on building the foundation skills needed to develop reading comprehension, fluent and accurate reading, as well as practicing using assistive technology.</p>
	<p>Homework Club</p> <p>Who: All Students</p> <p>When: Monday, Wednesday and Thursday afternoons - 3pm-3:45pm</p> <p>Where: Library</p> <p>What: Students receive group support from Teacher Aides for the duration of the session. Students who engage are provided with a snack for afternoon tea. Students are expected to engage in set homework and assessment tasks during the session.</p>
	<p>Defence Club</p> <p>Who: All students who are part of a Defence family.</p> <p>When: Wednesday 2nd Break</p> <p>Where: SSS – J207 (Defence Hub)</p> <p>What: Defence Hub is a space where students can get to know the Defence School Mentor, meet other students of ADF families, engage in activities, listen to music, watch videos, enjoy snacks or decompress if you are having to cope with the extra challenges being in a Defence family presents, such as postings or parent deployments and exercises.</p>